



# Heritage Center



A recreation center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center  
#10 East 6150 South  
Murray, UT 84107  
**801-264-2635**  
heritage@murray.utah.gov  
www.murray.utah.gov  
Director: Tricia Cooke

## Services Offered

Arts & Crafts  
Cultural Programs  
Education  
Exercise  
Health Services  
Information  
& Referral  
Lunch Program  
Recreation  
Socialization  
Transportation  
Travel  
Volunteer  
Opportunities

## Senior Symposium on Alzheimer's and Dementia

Please mark **Tuesday, April 11** on your calendars as the Heritage Center presents a **full-day** Symposium focusing on Alzheimer's disease and dementia. Spend the day learning as experts in the field speak about the signs of Alzheimer's and other dementias; local programs and services for individuals with dementia and their caregivers, family, and friends; general information about treatment options; and legal, financial, and care decisions. No other programs or services will take place at the Heritage Center on that day. Registered participants will be able to attend all sessions and have lunch for the cost of **\$8** per person. Bring your friends and family and spend the day with us as we learn more about Alzheimer's and dementia. Registration begins on Wednesday, March 1.

Puzzled about  
Join the Murray  
Heritage Center's  
Alzheimer's Symposium  
Tuesday, April 11 8:00 - 4:30  
\$8.00 (includes lunch)

## Keynote Speakers:

**Kate Nederostek, MGS, CDP**

Program Director of the Alzheimer's  
Association Utah Chapter

**Mark Johnston, MD**

Medical Director at Radiant Research

*Please ask at the front desk for a  
more detailed flyer about the symposium.*

## Special St. Patrick's Day Occasion

Celebrate St. Patrick's Day with us on **Friday, March 17** and enjoy a special Irish-themed meal while watching the Irish dancers from Rinceoiri Don Spraoi dancing from 12:15-12:45. Bingo will start at 1:00.

Come eat anytime between 11:30-12:30. The menu will include Irish beef stew, salad, soda bread, and apple cake with whisky caramel sauce.

No reservation needed. Just come and enjoy!



## Staff Information

### Murray City Administration

Mayor: Ted Eyre

Public Services Director: Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

### Heritage Center Staff

Director — Tricia Cooke

Program Coordinators — Maureen

Gallagher and Wayne Oberg

Secretary — April Callaway

Receptionist — Miranda Carter

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Assistants — Chris Miller

Custodian — Don Smith

Vehicle Driver — Robert Himes

Volunteers: Jerry Budd, Chuck Dillard

Building Attendant — Pete Wright

### Heritage Center Advisory Board

Erich Mille (Chair), Judy Baxendale,

Brenda Clausen, Donna Gaydon,

Connie Gardner, Ed Houston, Jenny

Martin, Pete Wright, Rod Young

## Online Registration

Did you know that you can register for some of the Heritage Center programs and activities online? It's an easy process that can be completed when you create an account at **mcreg.com** — all you need is an email address. Go to **mcreg.com** and select "**New Account.**" Once you have created your log-in and password you can choose your activities for registration and pay using a credit card. You will notice that some activities will say "register in person" — simply stop in or call 801-264-2635 to register.

## Miscellaneous Information

This **newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant account and have provided an email address. It is also available for pick-up at the Center, online at [www.murray.utah.gov](http://www.murray.utah.gov), or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1 per issue.

The Center accepts **all major credit cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person. All charges made will show from "Murray City Parks" on your credit card statement.

Inquire at the Front Desk about **gift certificates** for programs.

Inquire at the front desk if you need **special accommodations** to participate in activities at the Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the newsletter as advertising or classified ads. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

## Scholarship Program

In an effort to enable senior adults access to center programs, activities, and meals at the Heritage Center, regardless of their ability to pay for services, a Heritage Center Scholarship program is available.

The scholarship provides up to \$70 per month to an individual to help pay for Center activities. The program is made possible by participant donations. In order to be eligible you must prove a financial need and meet certain criteria. The current income cap is \$16,038/year for an individual. Applications are available at the front desk or see the Center Director.



Pick up your 20% senior discount punch card at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center the proceeds from sale of the cards.



Every time you swipe your rewards card at Smith's, the Heritage Center will earn money through **Smith's Community Rewards Program**, but only **IF** you link your rewards card to us. To enroll, go to **[smithsfoodanddrug.com](http://smithsfoodanddrug.com)** and register the Heritage Center as your favorite charity. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

## Pysanka—Ukrainian Egg Class

The Center is pleased to announce a Ukrainian Egg Class on **Tuesday, March 7** at **10:30 to 12:30**. Diana Michalicek will teach this class and provide all supplies to design your Pysanka egg.



Space is limited to 5. **This is a free class.** *Register now.*

"A pysanka is a Ukrainian Easter egg, decorated with traditional Ukrainian folk designs using a wax-resist method. The word *pysanka* comes from the verb *pysaty*, 'to write', as the designs are not painted on, but written with beeswax." (Wikipedia)

## Better Senior Living Choices

On **Thursday, March 9** at **10:30**, Christie Garcia from Care Patrol will give a presentation about helping individuals and families find quality and safe independent living, assisted living, and memory care communities. **This is a FREE community service program.** *Register now.*

## Irish Storytelling

The Center is pleased to bring back Irish Storytelling on **Tuesday, March 14** at **10:30**. Michael Donovan from Cashel County, Tipperary, and Jim Duignan from Dublin will be at the Center to delight you with their storytelling skills.

One never knows what these storytellers will come up with on the day of their presentation; Irish storytellers are famous for their wit and inventiveness. The extraordinary range of Irish stories comes from a folklore tradition more than 2,000 years old, which successfully blended Celtic, Christian, and English influences to create some of the most distinctive oral literature in all of Europe.

They will entertain you with their stories and give you a sense of rich Irish history and lots of laughs. **This is a free class.** *Register now.*



## Watercolors: "Winter's Last Gasp"

John Fackrell will begin a new six-week watercolor class from **9:00-12:00** on **Monday, March 6** through **Monday, April 10**. *Registration began Tuesday, February 21* and the cost is **\$33**.

Landscape painting will be the motif. Paint the colors of nature as winter cold changes to the warm thaw. Emphasis will be on the composition elements of value and color. Some experience in watercolor media is needed.

You should have your own paper (at least 140 lb. C.P.), watercolor paints and palette, brushes (preferably a 1" flat, #8 round, #6 liner or rigger).

## Beginning Watercolors

John and Joan Fackrell will begin a new six-week watercolor class from **1:00-3:30** on **Monday, March 13** through **Monday, April 17**. *Registration began Tuesday, February 21* and the cost is **\$33**.

Every two weeks we will focus on the talents of one of the world's greatest artists and learn to apply their techniques in a small assignment in graphite and watercolor. Participants will learn to have a stronger understanding of art concepts and techniques of three different artists during this six-week class.

## Wednesday Painting

The new eight-week session begins **Wednesday, March 15** through **Wednesday, May 3** from **9:00 to 12:00**. *Registration began Tuesday, February 28*. The cost is **\$40** and payment is needed in advance. Teri Wood-Elegante is the instructor, and she will help you in either oil or watercolor.





## Reader's Theater

We are pleased to announce that the Reader's Theater workshop continues each **Thursday** from **3:00 to 4:00**. Tricia, our director, is working with Engage Utah on this new program. Engage Utah was able to contract with local actor Paul Chaus to teach and oversee the program here at the Center. **This is a free class.** [Register now.](#)



## Vital Aging

On **Tuesday, March 28** at **10:30**, we will present a new wellness class called **How to Improve Your Sleep**. Do you have difficulty falling asleep or languish through periods of wakefulness when trying to find sleep? Learn what you can do to prepare yourself for sleep, promote a comfortable environment more conducive to sleep, and improve your quality of sleep. **This is a free class.** [Sign up now.](#)

Tifani from the Vital Aging Project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

## Genealogy Class

A new Intermediate and Advanced Genealogy class will be offered on **Mondays** and **Wednesdays** at **12:30-1:30** beginning on **Monday, March 13** and going until **Wednesday, March 22**.

Glen Sisam, who has over 30 years of experience in the Genealogy field, will be the lead instructor. You will learn to navigate FamilySearch and Family Tree. **This is a free class.** [Sign up now.](#)

Participants must:

- ♦ Have basic mouse skills
- ♦ Bring a USB drive
- ♦ Have a current email address and password to set up an account with FamilySearch



## Gadget & Computer Help

The computer lab has six personal computers running Microsoft Windows 8 and 10. Computers are available any time a group class is not being held. The Center also has an iPad available for use while at the Center if you would like to try out a tablet. There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs 5¢ per page (pay at the front desk).



Individual one-hour computer help is available with:

Calli on **Monday** at **10:00**

Calli on **Monday** through **Friday** at **1:30**

Bob on **Tuesday** at **1:00, 2:00, or 3:00**

[Registration and payment of \\$3 is needed in advance.](#)

Our instructors are unable to assist with hardware questions or problems related to equipment at home. If possible, please bring your own laptop or gadget for personalized assistance.

## Ceramics

The ceramics class runs on **Tuesday** and **Thursday** from **8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, provides help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies.

## Crafts

A small group of crafters meet on **Tuesday** from **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

## Crafting with Susan

Please join us on **Tuesday, March 14** at **2:00**, when we will make Henrietta the Hen. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. [Register now for this class.](#) You will be able to finish the project and take it home the day of the class. This class is the second Tuesday of each month.



## Haircuts

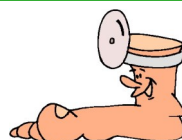


The Center offers haircuts for men and women on **Wednesdays** from **9:00 to noon**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid for the day of your cut. The barber is Jocelyn Anderson.

Appointments are every 20 minutes, starting at 9:00 and payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund. **During the tax season of February 1 through April 12, the appointments are every 15 minutes.**

## Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, April 27** from **9:30-12:00** to provide toenail clippings and routine foot screenings. The cost is **\$10** and advance payment is required. *The doctor is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.* This service is offered **every other month**.



## Massage

Sue Corder, a Nationally Certified and Utah State Licensed massage therapist, provides massage therapy on **Fridays** from **11:45-3:45**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling.

## AARP Free Tax Assistance

Volunteers from AARP will be providing free tax consultations and preparation for middle- and low-income tax payers, with special attention to those ages 60 and over. This free and confidential service will be available each **Wednesday** through **April 12** from **12:30 to 4:00**. Appointments are required.

Please remember your appointment date and then make sure you cancel in advance if you are not able to attend. *This is an extremely popular service* and we hate to have the tax volunteers left with empty spots from cancellations and no-shows.

**Please bring a copy of your 2015 tax return and any forms or paperwork that would assist the tax preparers with your 2016 taxes.**

## AARP Smart Driving Class

The AARP Smart Driving Class will be held **Tuesday, March 28** from **9:30-2:30**. Sign up now at the front desk. The cost is **\$15** for AARP members and **\$20** for everyone else. *The instructor will collect the fee at the start of the class. Make checks out to AARP and pay the day of class. They do not take credit cards.* Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending this class.

This class is the fourth Tuesday each month.

## Attorney Consultation

An attorney is available for **free 20-minute** legal consultations the **second Tuesday** each month. He will be here on **Tuesday, March 14** from **1:30-3:30**. Advance appointments are required. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help, but they will not attempt to solicit your business.

## Blood Pressure

Thank you to Rite Aid for providing free blood pressure screenings on **Thursday, March 2** from **11:00-12:00**. This service is offered the **first Thursday** of each month. Just walk in!

## Medicare Counseling

Need help with Medicare or supplement issues? Sign up now for individualized help on **Tuesday, April 18** at **12:00-2:00**. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. A volunteer from SHIP comes the **third Tuesday** each month. Advance appointments are required. **No counseling in March.**

## Transportation

Transportation to and from the Center is available for Murray residents on **Wednesdays**. The cost is **\$2** for a round-trip ride. Pick up is between **10:00-10:45** and the return home ride is around **2:30** after bingo. If you need a ride, call at least one day in advance.

# Heritage Center



We are here to serve you

**Monday — Friday**

**8:00am - 4:30pm**

**Thursday**

**8:00am - 10:00pm**

**Saturday/Sunday**

**Closed**

**#10 East 6150 South**

**(West of State Street)**

**801-264-2635**

[www.murray.utah.gov](http://www.murray.utah.gov)

[heritage@murray.utah.gov](mailto:heritage@murray.utah.gov)

Newsletter Page 6 and 7

Monday			Tuesday		
9:00	NIA	6	8:30	Ceramics	7
9:00	Watercolors		9:00	Stretch & Tone	
10:00	Computer Help		9:30	Line Dancing	
10:15	Pickleball		10:30	Tai Chi	
10:30	Meditation		10:30	<b>Pysanka Class</b>	
11:00	Bridge Lessons		11:00	Canasta	
12:30	Exercise Help		11:30	Lunch	
12:30	<b>Genealogy Class</b>		12:45	Crafts	
1:00	Movie: <b>The Secret of Kells (2009)</b>		1:00	Computer Help	
1:00	Beginning Watercolors		2:00	Beginning Line Dancing	
1:30	Computer Help				
2:00	Strength Conditioning				
9:00	NIA / Watercolors	13	8:30	Ceramics	14
10:00	Computer Help		9:00	Stretch & Tone	
10:15	Pickleball		9:30	Line Dancing	
10:30	Meditation		10:30	Tai Chi	
11:00	Bridge Lessons		10:30	<b>Irish Storytelling</b>	
12:30	Exercise Help		11:00	Canasta	
12:30	<b>Genealogy Class</b>		11:30	Lunch	
1:00	Movie: <b>Circle of Friends (1995)</b>		12:45	Crafts	
1:00	Beginning Watercolors		1:00	Computer Help	
1:30	Computer Help		1:30	<b>Attorney Consultation</b>	
2:00	Strength Conditioning		2:00	Beginning Line Dancing	
			2:00	<b>Crafting with Susan</b>	
9:00	NIA / Watercolors	20	8:30	Ceramics	21
10:00	Computer Help		9:00	Stretch & Tone	
10:15	Pickleball		9:30	Line Dancing	
10:30	Meditation		10:30	Tai Chi	
11:00	Bridge Lessons		11:00	Canasta	
12:30	Exercise Help		11:30	Lunch	
12:30	<b>Genealogy Class</b>		12:45	Crafts	
1:00	Movie: <b>A League of their Own</b>		1:00	Computer Help	
1:00	Beginning Watercolors (1992)		2:00	Beginning Line Dancing	
1:30	Computer Help				
2:00	Strength Conditioning				
9:00	NIA / Watercolors		27	8:30	
10:00	Computer Help	9:00		Stretch & Tone	
10:15	Pickleball	9:30		Line Dancing	
10:30	Meditation	9:30		<b>Driver Safety</b>	
11:00	Bridge Lessons	10:30		Tai Chi / <b>Vital Aging</b>	
12:30	Exercise Help	11:00		Canasta	
1:00	Movie: <b>Suffragette (2015)</b>	11:30		Lunch	
1:00	Beginning Watercolors	12:45		Crafts	
1:30	Computer Help	1:00		Computer Help	
2:00	Strength Conditioning	2:00		Beginning Line Dancing	

Wednesday			Thursday			Friday		
9:00	Painting / Haircuts	1	8:00	Pickleball Instruction	2	9:00	Zumba	3
9:15	Pinochle		8:30	Ceramics		10:00	Yoga	
10:00	Yoga		9:00	Stretch & Tone / Pickleball		11:15	Chair Aerobics	
10:00	Transportation		10:30	Tai Chi		11:30	Lunch	
11:15	Chair Aerobics		11:00	<b>Blood Pressure</b>		11:45	Massage	
11:30	<b>Birthday Wed Lunch</b>		11:30	Lunch		12:30	Exercise Help	
12:30	<b>Tax Help / Genealogy</b>		12:45	Happy Hatters		12:45	Bingo	
12:45	Bingo		1:30	Computer Help		1:00	Bridge	
1:00	Bridge		2:00	Strength Conditioning		1:30	Computer Help	
1:30	Computer Help		3:00	<b>Reader's Theater</b>				
			6:00	<b>AMP / 7:00 Dance</b>				
9:00	Painting	8	8:00	Pickleball Instruction	9	9:00	Zumba	10
9:00	Haircuts		8:30	<b>Wendover</b>		10:00	Yoga	
9:15	Pinochle		8:30	Ceramics		11:15	Chair Aerobics	
10:00	Yoga		9:00	Stretch & Tone / Pickleball		11:30	Lunch	
10:00	Transportation		9:30	<b>Power of Poison Trip</b>		11:45	Massage	
11:15	Chair Aerobics		10:00	<b>BRUNCH CAFÉ (No Lunch)</b>		12:30	Exercise Help	
11:30	Lunch		10:30	<b>Senior Living Choices</b>		12:45	Bingo	
12:30	<b>Tax Help / Genealogy</b>		10:30	Tai Chi		1:00	Bridge	
12:45	Bingo		1:30	Computer Help		1:30	Computer Help	
1:00	Bridge		2:00	Strength Conditioning				
1:30	Computer Help		3:00	<b>Reader's Theater</b>				
			6:00	<b>AMP / 7:00 Dance</b>				
9:00	Painting	15	8:00	Pickleball Instruction	16	9:00	Zumba	17
9:00	Haircuts		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Stretch & Tone / Pickleball		11:15	Chair Aerobics	
10:00	Yoga		10:30	Tai Chi		11:30	Lunch	
10:00	Transportation		11:30	Lunch		12:15	<b>Irish Step Dancers</b>	
11:15	Chair Aerobics		12:45	Happy Hatters		11:45	Massage	
11:30	Lunch		1:30	Computer Help		12:30	Exercise Help	
12:30	<b>Tax Help / Genealogy</b>		2:00	Strength Conditioning		1:00	<b>Woodcarver Trip</b>	
12:45	Bingo		3:00	<b>Reader's Theater</b>		1:00	Bingo	
1:00	Bridge		6:00	<b>AMP</b>		1:00	Bridge	
1:30	Computer Help		7:00	Dance		1:30	Computer Help	
9:00	Painting / Haircuts	22	8:00	Pickleball Instruction	23	9:00	Zumba	24
9:15	Pinochle		8:30	Ceramics		10:00	Yoga	
10:00	Yoga		9:00	Stretch & Tone / Pickleball		11:15	Chair Aerobics	
10:00	Transportation		9:00	<b>Kingsbury Hall Trip</b>		11:30	Lunch	
11:15	Chair Aerobics		10:30	Tai Chi		11:45	Massage	
11:30	Lunch		11:30	Lunch		12:30	Exercise Help	
12:30	<b>Tax Help / Genealogy</b>		1:30	Computer Help		12:45	Bingo	
12:45	Bingo		2:00	Strength Conditioning		1:00	Bridge	
1:00	Bridge		3:00	<b>Reader's Theater</b>		1:30	Computer Help	
1:30	Computer Help		6:00	<b>AMP</b>				
			7:00	Dance				
							<i>Sign-ups begin for Tuacahn Jun 5 – Jun 8</i>	
9:00	Painting / Haircuts	29	8:00	Pickleball Instruction	30	9:00	Zumba	31
9:00	<b>Grantsville Breakfast</b>		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Stretch & Tone / Pickleball		11:15	Chair Aerobics	
10:00	Yoga		10:30	Tai Chi		11:30	Lunch	
10:00	<b>NO Transportation</b>		11:30	Lunch		11:45	Massage	
11:15	Chair Aerobics		1:30	Computer Help		12:30	Exercise Help	
11:30	Lunch		2:00	Strength Conditioning		12:45	Bingo	
12:30	<b>Tax Help</b>		3:00	<b>Reader's Theater</b>		1:00	Bridge	
12:45	Bingo / 1:00 Bridge		6:00	<b>AMP</b>		1:30	Computer Help	
1:30	Computer Help		7:00	Dance				



## Billiards Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. This equipment is located in the billiards room at the east end of the building.

## Bingo

Bingo is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Fresh Market or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the first Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: **\$1** for 1-3 cards played, **\$2** for 4-6 cards played.



## Cards

**Bridge—Monday at 11:00, Wednesday and Friday at 1:00**

Informal Bridge lessons (Chicago/Party) are held on Monday at 11:00 and bridge play on Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played, if needed.



**Canasta—Tuesday at 11:00**

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

**Pinochle—Wednesday at 9:15**

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid on tournament day.

## Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday** at **9:30** for all dancers, and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

## Birthday Wednesday



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade!

## Happy Hatters

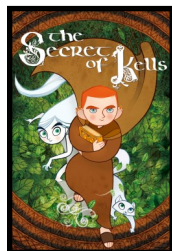
Red Hat Society chapter meetings are held on the **first Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday** at **12:45** to play Hand and Foot.

Chapter Queen: Madeline Coleman.  
Annual Dues: **\$5**

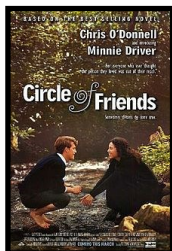


## Monday Movie

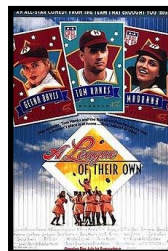
Join us on  
**Mondays at  
1:00 for a free  
movie and  
popcorn!**



**March 6**  
The Secret of Kells  
2009 / 75 min  
Animated Fantasy



**March 13**  
Circle of Friends  
1995 / 138 min  
Drama / Romance



**March 20**  
A League of Their Own  
1992 / 103 min  
Sports Comedy / Drama



**March 27**  
Suffragette  
2015 / 106 min  
Historical Period Drama



## Exercise Classes

### NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

### Strength Conditioning

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

### Stretch & Tone

Tuesday and Thursday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

### Tai Chi

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

### Yoga

Wednesday and Friday 10:00-11:00

Yoga is an ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

### Zumba

Friday 9:00-10:00

Zumba involves dance and aerobic movements performed to energetic music.

### Chair Aerobics (25¢)

Wednesday and Friday  
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.



## Exercise Room

The exercise room is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1 per day, \$5 for the month, or free if you have Silver Sneakers, Silver & Fit, or Heritage Center's Total Fitness Pass.** Ask at the Front Desk for details.



## Exercise Help

The U of U Exercise and Sports Students will be at the Center every **Monday and Friday at 12:30-2:00.** *This class is included with the Exercise Room Fee.*

The students teach a balance class that can help you improve your fitness levels, increase your endurance, balance, and stretching abilities.

The students also offer one-on-one-help. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills and their general knowledge about fitness.

## Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 Monthly Fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are **not included** in Silver Sneakers or Silver & Fit benefit

## Chakra Meditation

Chakra Meditation with Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master.



The meditation class will continue through **Monday, March 13** from **10:30-12:00.** A new eight-week course will begin **Monday, March 20** through **May 8.** The cost for this eight-week course is **\$20 or \$3 per class.** Barbara will present in-depth information about how Chakras and Meditation work. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your Chakras balanced.

## Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game.



Play Pickleball at the Center every **Monday** from **10:15-12:00** or **Thursday** from **9:00-11:00** in the dining room or on the outdoor courts—weather permitting.

If you are new to the sport, **instructional play** takes place every **Thursday** from **8:00-9:00.**

You can also play at the Murray Park Center (296 E. Murray Park Avenue inside Murray Park on State Street) every Tuesday and Thursday from 8:00-12:00.

## Center Trips



...Travel with friends

## Bus Trip Reminders



If you are traveling on any of our trips, please park your car **north** of the light pole in our parking lot to free up spaces for the daily patrons of the Center.



Please remember to bring your own water to enjoy on the trip.

## Wendover

Travel to Wendover on **Thursday, March 9** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**.

Next Wendover Trip: **Thursday, May 11**



## Grantsville Breakfast

Once again our Center bus will be headed to the Grantsville Senior Center for the "Second Best Breakfast in Utah." The bus will depart the Center at **9:00 am** on **Wednesday, March 29** and return about noon.



Cost is **\$6** for transportation and the breakfast. Registration begins Wednesday, March 15.

## Natural History Museum: Power of Poison

The Center bus will depart at **9:30** on **Thursday, March 9** for the Natural History Museum. Please check at the front desk for availability.

## Great Salt Lake Woodcarvers Show

The Great Salt Lake Woodcarvers Annual Show and Competition will be held at Historic Wheeler Farm. The show features the work of artisans across the state of Utah, western states, as well as around the world, and will include over 200 individual carved pieces to view.

The Center bus will depart at **1:00** on **Friday, March 17**. Cost for the trip is **\$5**. Registration begins Wednesday, March 1.

## Kingsbury Hall—Black Grace

Led by Neil Ieremia, Black Grace is New Zealand's leading contemporary dance company, fusing Pacific and contemporary dance in an extraordinary and dynamic form. Neil draws from his Samoan and New Zealand roots to create innovative dance works that reach across social, cultural and generational barriers. The performances are highly physical, rich in the story telling traditions of the South Pacific, and expressed with raw finesse, unique beauty, and power.

The bus will depart the Center at **9:00** on **Thursday, March 23** for this special Kingsbury Hall performance.

Cost is **\$5** for transportation and the breakfast. Registration begins Wednesday, March 8.

## Tuacahn 2017

It's never too early to be thinking about summer plans and our annual Tuacahn trip is set to depart **Monday, June 5**. Set aside a few days to travel to southern Utah and Mesquite and spend a few evenings at the Tuacahn Amphitheater. This year's shows are *Shrek the Musical* and Disney's *Newsies*.

A chartered bus will depart from the Heritage Center on **Monday, June 5** and we will stay 3 nights at the CasaBlanca Hotel in Mesquite, Nevada. Returning on **Thursday, June 8**. The cost is **\$350** per person (double occupancy) and **\$425** (single room) and includes lunch on the bus heading to Mesquite, a \$65 meal card at the CasaBlanca, two pre-show dinners at Tuacahn, and tickets to the musical plays. Sign up for this trip begins Friday, March 24 and seating is limited.

A **minimum \$50 deposit** is required for each participant to register for the trip. Full amount must be received by May 1 at 4:00 pm. Travelers may register for themselves and one other person.



## Thursday Evenings: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until **10:00 pm** on **Thursday evenings**. Enjoy the computer lab, billiards room, exercise room, or dance to the music of Tony Summerhays.



### Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night** from **7:00-9:30 pm**. Cost of this activity is **\$5** per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray and West Jordan, Chuck-A-Rama, Olympus Ranch, Tony Summerhays, Dignity Home Health & Hospice, and Legacy.

### Winter Brunch Café

We will be offering our **Brunch Café** in the dining room on **Thursday, March 9** from **10:00** until **12:00**. You will be able to choose a complete meal or pick à la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order. You will meet the cashier in the dining room to fill out your order form and pay. Calli and her team will get your order ready and your server will bring it to you at your table. Please come and enjoy! **This brunch is in lieu of lunch that day so be sure to come early.**



### Calling all Singers



Starting in April, we are starting a fun and informative **singing group**. Please sign up on the interest sheet at the Front Desk if you have ever sung or ever wanted to sing.

Mary Norton will facilitate this group. She is looking for people who want to have fun and use their voices. Singing in a group had been scientifically proven to be "brain aerobics" that can improve overall mood and memory.

We are also looking for a pianist. If you happen to play keyboard and would be interested in accompanying this new group, please let the Front Desk know.

**This will be a free group.** Sign up now on the interest sheet.

### Golf League

The Heritage Center's Golf League will begin this year with the general meeting of all interested players on **Monday, April 3** at **10:30** at which time the schedule will be reviewed and local rules for the season outlined.

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100+ players who will participate in each tournament.

Fees for each tournament include green fees, electric cart, and prizes. A one time initial sign-up fee of **\$7** is to be paid in addition to the registration fee for the first tournament played. All tournament fees must be paid at least 10 days before the tournament.

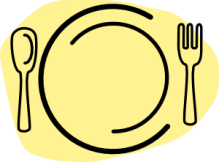


#### 2017 Season Schedule:

4/24	9:00	Lakeside
5/8	8:30	Valley View *
5/22	8:30	The Ridge
6/12	8:00	Mountain Dell
6/26	8:00	Wasatch
7/17	7:30	Glenmoor
7/31	8:00	Round Valley *
8/14	7:30	Davis Park
8/28	8:00	Murray Parkway
9/18	8:00	Talons Cove
10/2	8:30	Meadowbrook
10/9	Year End Banquet	

\* Scramble

# March 2017 Lunch Menu



NO RESERVATIONS NEEDED unless it is a **SPECIAL EVENT**

Lunch is served anytime between 11:30 – 12:30

Make your selection and pay when you are ready to eat

Sandwiches or Salads are available as alternatives

Prices range from \$2 - \$4



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Calli has put together a recipe book of your favorite lunch and special event dishes.</p> <p>The cookbooks are available for purchase at the Front Desk for <b>\$10.</b></p> <p>Get yours today!!</p> 		<p><b>1</b></p> <p><b>SWEDISH MEATBALLS</b> Egg Noodles Green Beans Birthday Cake and Ice Cream</p> 	<p><b>2</b></p> <p><b>COCONUT LIME CHICKEN</b> Rice Pilaf Green Salad Boston Cream Poke Cake</p>	<p><b>3</b></p> <p><b>CLAM CHOWDER</b> Slaw Biscuit Salted Caramel Rice Krispie</p>
<p><b>6</b></p> <p><b>NO LUNCH</b></p>	<p><b>7</b></p> <p><b>RANCH PORK CHOPS</b> Roasted Potatoes Broccoli Strawberry White Chocolate Cookie</p>	<p><b>8</b></p> <p><b>MEATLOAF</b> Mashed Potatoes and Gravy Peas Peanut Butter Lasagna</p>	<p><b>9</b></p> <p><b>BRUNCH CAFÉ</b> <b>10:00 - 12:00</b></p> 	<p><b>10</b></p> <p><b>ROSEMARY ALMOND CHICKEN</b> Baked Potato Carrots Cookie Dough Brownie</p>
<p><b>13</b></p> <p><b>NO LUNCH</b></p>	<p><b>14</b></p> <p><b>CHICKEN TETRAZINI</b> Green Salad Banana Cake</p>	<p><b>15</b></p> <p><b>PULLED PORK SANDWICH</b> Chips Coleslaw Samoa Truffle</p>	<p><b>16</b></p> <p><b>MONGOLIAN BEEF</b> Rice Veggies Chocolate Chip Cookie</p>	<p><b>17</b></p> <p><b>IRISH BEEF STEW</b> Salad Soda Bread Apple Cake with Whisky Caramel Sauce</p> 
<p><b>20</b></p> <p><b>NO LUNCH</b></p>	<p><b>21</b></p> <p><b>BROCCOLI CHEDDAR SOUP</b> ½ Sandwich White Chocolate Macadamia Cookie</p>	<p><b>22</b></p> <p><b>OVEN FRIED CHICKEN</b> Mashed Potatoes And Gravy Corn Red Velvet Cake</p>	<p><b>23</b></p> <p><b>LEMON BASIL CHICKEN</b> Baked Potato Brussels Sprouts Apple Pie Bread Pudding</p>	<p><b>24</b></p> <p><b>FRENCH ONION SOUP</b> Green Salad Muddy Buddy Bars</p>
<p><b>27</b></p> <p><b>NO LUNCH</b></p>	<p><b>28</b></p> <p><b>LEMON CREAM SALMON</b> Rice Pilaf Greens Italian Cream Cake</p>	<p><b>29</b></p> <p><b>BLT SANDWICH</b> Corn Chowder Oreo Cupcakes</p>	<p><b>30</b></p> <p><b>CHICKEN ENCHILADAS</b> Cilantro Salad Coconut Macaroon</p>	<p><b>31</b></p> <p><b>PASTA CARBONARA</b> Caesar Salad Maple Butter Blondie</p>